

AMENDMENT TO THE SPECIFICATION

On page 1, beginning at line 5, please amend the specification as follows:

Related Applications:

This application is a divisional application of copending Application Serial No. 10/040,756 filed December 29, 2001, which claims priority of Korean Patent Application No. 2001-6435 filed February 9, 2001.

On page 46, beginning at line 3, please amend the Abstract as follows:

~~Disclosed herewith is a load controller and waist strengthening and rehabilitating apparatus using the same. In the apparatus, a support unit is constructed by assembling all or some of a footrest, a backrest, a pedestal, a handle and related frames. The waist exercises are conducted utilizing a backrest frame operated in conjunction with a load controller with the lower part of his body being fixed to the support unit. The apparatus further comprises lower body holding means mounted on said support unit, said lower body holding means being comprised of a front thigh holder for tightly holding the front portion of the thigh and a rear thigh holder for tightly holding the rear portion of the thigh.~~

A support unit is constructed by assembling all or some of a footrest, a backrest, a pedestal, a handle, and related frames. Waist exercises are conducted utilizing a backrest frame operated in conjunction with a load controller, with the lower part of the user's body being fixed to the support unit. An apparatus further comprises a lower body holder mounted on the support unit. The lower body holder preferably comprises a front thigh holder for tightly holding the front portion of a thigh, a rear thigh holder for tightly holding the rear portion of a thigh, a front pelvis holder for tightly holding the front portion of a pelvis, and a rear pelvis holder for tightly holding the rear portion of a pelvis.